

TMI Focus



Vol. XX, No. 4

A Newsletter Of The Monroe Institute

Fall 1998

In This Issue

SURGICAL SUPPORT

for Removing
Toxins . . . 2

Dolphins Start with
the Heart . . . 3

Roberts Mountain
Retreat . . . 5

Hemi-Lync . . . 6

Quarterly Tape
Healing Journeys
(Part I) . . . 8

**GATEWAY
GRADUATE
RETREATS . . . 8**

BUILDING BRIDGES

by Laurie A. Monroe



The universe is intelligent and has a purpose. We, as inhabitants of this beautiful planet Earth, are facilitators of the impending changes and part of the process. As we continue to expand our views and question our beliefs, we realize that there are no limitations. We have the ability to do whatever we so desire. We need only focus our intent and manifest our thoughts through creative action. Through knowing that we are all connected, we can contribute to a worldwide shift in human consciousness. By bringing this knowing into realization, we develop our compassion, effectiveness, and understanding. These qualities determine how we will respond to the challenges of the next century. It is our spiritual opportunity to step into a deeper awareness of our essence on a global basis. Achieving this awareness is not effortless, yet the results are rewarding for our present time, as well

as for all potentials within creation—Here and There. Direct experience of this truth enables us to embrace the greater consciousness of which we are a part and align with our highest source.

Living in this knowing has given me a tremendous sense of gratitude for having a part in the magnificent changes upon which we are embarking. The Institute has been patterning for expansion in Europe. The outcome of that patterning is an agreement with David Feldman of Geneva, Switzerland, for the opening of TMI EUROPE. David's vision is one of service to humankind by facilitating others' opening to their greater consciousness—the essence of who they are. His organization, The Institute of Greater Consciousness, will be the foundation for TMI EUROPE. The

Continued on page 4

WALKING THE LABYRINTH: PATH TO WHOLENESS

by Shaaron Honeycutt



When the decision was made to add a labyrinth to the list of Institute amenities, Shaaron Honeycutt was a natural choice to coordinate the project. Shaaron has nurtured a partnership with Earth energies since childhood and expresses that affinity through her poetry and her magic garden, *Terre Vibrant*. She is the wife of TMI Operations Director A. J. Honeycutt.

As part of the 1998 Professional Seminar week, a permanent labyrinth was installed on the TMI grounds behind the Bob Monroe Research Lab, with a breathtaking view of the Blue Ridge Mountains and the New Land community—all sacred spaces/places in their own right. This group event was led by Professional Members

Continued on page 4

SURGICAL SUPPORT FOR REMOVING TOXINS

by Lana Phillips, BMus, MA



Lana Phillips is codirector of Unite Ltd., which promotes and distributes Hemi-Sync products in the Republic of Ireland and England. As

GATEWAY OUTREACH

Trainers, she and her husband, Jim, also conduct workshops. Almost daily, Lana uses the tapes and accesses various Focus levels. She attests to great improvements in all areas of her life as a result of following guidance and insights obtained through Hemi-Sync.

For many years my dentist, Mr. Harry Torney of Dublin, Ireland, had a regular practice. After reading up on the literature, he decided to stop using mercury amalgam fillings. Before removing and replacing my own nine amalgam fillings, he urged me to visit Mr. Anthony Hughes, a doctor of homeopathy, who performed "eclosion testing" with a biofeedback device linked to a computer as I was exposed to certain substances. The diagnosis: significant toxicity to mercury amalgam and minor toxicity to cobalt, antimony, and barium. Three separate homeopathic remedies were prescribed for use prior to, during, and following the dental treatment. During Mr. Torney's own kinesiology testing, I showed muscle weakness only to the mercury amalgam. Despite his comfort with unconventional treatments, his office was not otherwise "alternative"—no New Age music, aromatherapy burners, or posted affirmations (other than "VISA/MasterCard accepted here").

I had four appointments at two- to three-week intervals. Mr. Torney used a rubber dam (a type of rubber sheeting), which fits in the mouth to block inhalation of mercury vapor, and advised me not to conceive during the removals and for at least a month afterward. I had read of the toxic insult this procedure places on the body—hence my choice of *Journey through the T-Cells* from the POSITIVE IMMUNITY album for the first appointment. This tape had been effective for me during colds, periods of stress, and other healing crises.

However, I foolishly waited to start the tape until *after* the injections of local anesthetic into my gums, swabbing, and fitting the rubber dam. What I'd imagined as the easy bit was actually the most painful. I could relax and visualize,

***"I relaxed so quickly
and completely that I
didn't even hear the
dental assistant come
in to collect me!"***

but a fair amount of pain persisted. The novelty of a drill whining loudly close to my brain, odd bits of water and particulate matter in my face, and trying to breathe calmly and slowly through the rubber dam didn't help. Numb and tired, I went home and experienced minor pain through the night. I did take some "advice"—which came through in the visualization—and increased my water consumption.

For my second and subsequent appointments, stronger stuff seemed

to be indicated. I turned to the *Intra-Op* and *Recovery* tapes from the SURGICAL SUPPORT SERIES. This time, I began using *Intra-Op* upon sitting down in the chair. My breathing became extremely slow and even, my muscles relaxed completely, and a lovely feeling of numbness and "floatiness" came over most of my body. My head was still firmly "here," and I was far from unconscious but deeply relaxed and in much less pain. Incidentally, the second and fourth sessions were the most arduous—they both took longer and involved slight but tedious difficulties.

After each appointment my husband, Jim, drove home and I listened to *Recovery*. It was useful, and yet the effects seemed less pronounced. Then I realized that this tape was designed for people coming out of general anesthesia. I had already gotten up, paid the receptionist, walked to the car, and chatted with Jim! At home, *Recovery* was most relaxing, and I concentrated on my body's successful removal of the toxins.

Only on the last occasion was I able to use *Pre-Op* for a few minutes, and then amid the noise and activity of the small, busy dental waiting room after a two-hour drive. A slight delay with the preceding patient created an opportunity. I relaxed so quickly and completely that I didn't even hear the dental assistant come in to collect me! My dentist and his assistant had a good-humored, "whatever floats your boat" attitude toward the tapes. The first time I used *Intra-Op*, Mr. Torney had me sit up slowly and collect myself before rising, as I seemed very pale and not quite "back" yet. He was right—I

Continued on page 5

DOLPHINS START WITH THE HEART

This March, the Institute's Dolphin Energy Club (DEC) received a request to provide healing support to a fifty-five-year-old woman with sarcoidosis (scarring of the lungs). The condition was responsive to steroids; however, it worsened with stress. Two members of her ten-person DEC team made pertinent observations. One noted darkness around the lungs and adrenals and an immune system depleted by stress, while another saw "a casing like an eggshell around [her] field" that blocked her ability to give and receive love fully. This same DEC member added, "It looks like she's maybe on the verge of creating something harmonious and wonderful." The recipient's own comments show that both were "on the mark."

Physical Observations

The changes in my physical condition were actually in the negative—higher fatigue, lessened intellectual capacity, deeper emotional highs and lows. These, however, can be directly related to the massive increase in my medication level (steroids) at the same time that your Dolphin Energy Club began its work with me. These conditions are concurrent with steroid treatment, the only known therapy for the disease I have. I have received good news just today that my disease has not hit my heart. What a blessing that is. My chest x rays have shown no change, but my physicians are conjecturing about possible implications, both good and bad, about that. That could still be good news. Only time will tell.

Attitude Observations

This piece is where the magic begins! There was quite a breakthrough in this realm for not only myself but also my husband. Let

me explain.

For about the last year, I have wrestled with a decision that ultimately I knew I had to make—should I leave my job. First, you need to know that my husband is the pastor of our community church and I am, of course, much involved in that ministry. Second, my faith is, and has always been, very strong and is a driving force in my life. About a year ago, I attended a retreat and was faced with a question that had been unstated but felt for quite a while.

I had been unhappy with my job in many ways and it certainly traced the footprint of my disease. The question I faced was, "Am I doing the work that God wanted me to do?" For an entire year, I knew the answer was, "NO." I was not doing what He wanted me to do. But I was very fearful to let go of a job in which I could work three days a week, earn a decent living, do some of the work that I really enjoyed, and have some great coworkers and support. Sounds dreamy, doesn't it? But there was one problem. It was sucking EVERYTHING out of me and I was not getting refilled. I constantly bargained with God in this way: "I'll let go if you show me your plan first!!" Well, we all know that God doesn't take to bargaining, but being human, I guess I haven't lived long enough yet to have learned that. DUH! This went on for one year.

My husband all through this has quietly loved, supported, and cared for me physically, emotionally, intellectually, and spiritually. He has watched me struggle with the effects of the steroids, particularly the highest dosages I have ever been on. He has never pushed, only helped me come to terms with whatever I was dealing with. During the weeks of April 5 and 13 [near the end of DEC service], both of us had an emotional breakthrough. BOTH of us, independently but within about two days of each other, came to the same con-

clusion. Regardless of the financial impact of my quitting my job, that is what I need to do. And believe me, when I say financial impact, I mean FINANCIAL IMPACT!

My husband said he couldn't stand to watch how the job was draining me of what was barely left from the steroids. He loved me too much to let that go on, not to mention the effort needed to maintain his own balance. He said that he had absolute confidence that God would provide whatever safety net we needed as He always has in the past. Twenty years of experience has taught him that!! I, too, had come to the same conclusion. I knew that I could no longer go on. I had to let go and step out in faith that God would be there for us and provide for us . . . as He has always done in the past. Our shared and mutual decision is that I will be out of the job by the end of three months. When we shared our thoughts with each other, it was almost amusing how we both had come to the same conclusion at the same time. Are we connected, or what? Have always been! We are both sure that our way will be shown to us, whatever that is.

I still feel pretty awful because of the steroid effects, but spiritually and emotionally, this decision has brought wonderful peace. Scared? Of course we are. But then we remember that God has promised us (and followed through always) that He will provide whatever we need to do His service. That's all we need to remember. We also know that your Dolphin Energy Club's efforts were a powerful boost to our energy and helped lead us to this breakthrough. Thank you for your efforts. I hope you have other successes such as ours.

[To learn more about Dolphin Energy Club membership, contact Shirley Bliley, DEC Service Coordinator, at (804) 361-9132 or monroeinst@aol.com]



BUILDING BRIDGES*Continued from page 1*

long-term goal and vision of both organizations is to be the major force in the world for the growth of human consciousness and for the enrichment of being human through in-depth self-discovery and transformation. This will be accomplished through research, education, inquiry, and innovation. The Institute of Greater Consciousness, TMI EUROPE, absolutely shares the goal of TMI and wishes to be a part of it. We are grateful for this alliance with David in creating TMI EUROPE and hope all of you will take part in our growth within this market.

Expansion into the European market will give those who are unable to travel to the United States an opportunity to attend the GATEWAY VOYAGE. Our purpose is to provide the transformative power of GATEWAY to as many people as possible. For those who have taken

the VOYAGE, opening to the truth of who they are—knowing it, not just believing it—has given them a different overview of life itself. This is the special gift of that program.

We are moving into the new millennium with wisdom that has been deepened by experience. If humankind grows and expands beyond its perceived limitations, we will all know beyond doubt that there is no separation. The experiences gathered on this life's journey have incredible value for our next level of learning. My own experiences have taught me the most important lesson: we truly can trust the process. It is a process of co-creating reality. You, as members of our TMI family, are ushering in a new way of being. When we are in alignment with our mutual oneness, others are helped simply through our projected energy.

My travels in other realms have given me a tremendous sense of connection to the larger, invisible

order of things. The energy within us is the driving force that steers our course. The invisible supports the visible. In my vision, the highest potentials of spirit can be expressed in the physical. It is a process of bringing There to Here, integrating the energies so each of us can play his or her part within the plan. Exploring higher realms of knowledge shifts our perception to a pure, unfiltered vision of the truth of our Being.

I invite you to participate in our expansion and welcome your thoughts and creative ideas. Building a bridge across the Atlantic is the start of a new adventure. And, just as we build connecting bridges between ourselves, we can build bridges to higher realms. Perhaps the bridges are already there and we need only recognize their existence. "There is no limit. There is no chance. There is only a plan."

**WALKING THE LABYRINTH: PATH TO WHOLENESS***Continued from page 1*

Jim Beal and Roberta Shoemaker-Beal, who have built many labyrinths. It was the conscious and physical effort of all who participated to outwardly manifest the *temenos* (holy place) within each of us.

What is a labyrinth? This magical maze possesses a single path to and from its center. Instead of confusing, it illuminates, calms, clarifies, focuses, and heals. Used as a walking meditation, the labyrinth reconnects us to our own intuitive and spiritual center. It is also "in step" with the Western mind-set of doing. Coupled with the intent and energy of the builders and those who walk it, a powerful space is established in connection with our Earth.

Construction began on a misty, early Monday morning just after

dawn. Hexagonal, brick-red paving blocks were used to contrast with the green grass and match the roofs of the surrounding buildings. The site of the current labyrinth, and that of an earlier one built in 1996, approximates the location of Robert Monroe's memorial celebration. The present powerful site was divined and dowsed by a few of the participants using dowsing rods, wild cherry branches, and their own intuitive feel. The Devic kingdom was asked to benevolently guide the event and the placement. The center, the entrance, and whether this labyrinth would be left or right turning were determined that morning. The concentric circles were then marked in cracked corn, as an offering to Gaia and the ever-watchful guardian crows. After this

mystical inception, Professional Members participated throughout the week by placing each hexagonal stone with conscious intent, to form the borders of the classical seven circuits.

Labyrinths are elementally arcane and archaic, whispering to us of sacred spaces both within and without. These ancient symbols date back to 1200 B.C. and have a history throughout the world. They are prominent in Greek, Roman, Native American, and Indian culture. In the medieval world, labyrinths symbolized both a pilgrimage to the Holy Land and the road Christ took to be crucified. We may journey into a labyrinth for all the purposes mentioned above

Continued on page 5

SURGICAL SUPPORT FOR REMOVING TOXINS

Continued from page 2

wasn't. Some deep breaths, stamping my feet, and going outside grounded me readily enough.

I especially appreciated several aspects of *Intra-Op*: the encoding to eradicate pain signals (used during and after the tape with increasing efficacy) and the "heal, balance" instruction to my own body. I enjoyed feeling more in control of my healing process and remembering and using that personal power. The warm and soothing voice of Dr. Darlene Miller, who I've met on several occasions at the Institute, comforted me. It was as if she were there, talking me through the whole dreary, tiresome thing. After each tape, I had an impulse to write a thank-you note for her many hours of support!

"Let the others help you," the tape said. How reassuring to be reminded that I was surrounded by calm, strong, competent, professional people who were there to help me. Allowing myself to be looked after in this delicate operation was a very powerful part of the whole experience. Sometimes I wanted to cry and emotionally release the feeling of aloneness that can occur all too easily in the dentist's chair. The tapes helped me to trust my dentist, his assistant, my body, and everyone to whom I was close.

In my opinion, any tool that supports deep physical and mental relaxation, freedom from or conscious control of pain, a feeling of participation in the surgical and healing process, and feelings of trust and teamwork with the caregivers is worth its weight in gold. The *SURGICAL SUPPORT SERIES* deserves a place in every dental surgery.



Roberts Mountain Retreat

As many of you know, we broke ground last year for Roberts Mountain Retreat, which is the former residence of Bob and Nancy. With your support and contributions, the new addition, the Guest House is complete. Our first program, *BEYOND EXPLORATION 27* (for graduates of *EXPLORATION 27*), will be held in late October.

In 1999, some of the graduate programs such as *HEARTLINE*, *LIFELINE*, *EXPLORATION 27*, and *BEYOND EXPLORATION 27* will be held at RMR. Additionally, we are planning a bilingual *LIFELINE* program in French.

The capacity for Roberts Mountain Retreat is eighteen participants and two trainers. There is state of the art audio equipment in each CHEC unit as well as throughout the buildings. Massages will be available along with a well equipped exercise room. There is also a swimming pool and we hope to add a hot tub next year. There are hiking trails through the woods with wonderful and different views in every direction.

Occasionally, a young doe or two come to graze on the grass that they believe is in the middle of their territory. Rabbits hop by and shop around and the wild turkeys become insulted regularly when we insist we must use the driveway. There is a sense of peaceful solitude on Roberts Mountain, which embraces you.

We look forward to your participation at our programs at Roberts Mountain Retreat.

Thank you for your support.
Laurie Monroe

WALKING THE LABYRINTH: PATH TO WHOLENESS

Continued from page 1

and more. It can be a tool for bringing about true groundedness and harmony with nature, as well as a means of gathering and focusing energy for healing of self and others.

Once the decision is made to embark on a labyrinth odyssey, a shift takes place, quieting the mind. We then enter into the *temenos* with a clear intent, concentrating with all aspects of our being: body, mind, spirit, and emotions. The walk is accomplished in open-hearted humility and receptivity to divine intervention. From the center, we spiral back out to our daily lives, integrating thoughts and feelings and folding a new awareness into our being with every step.

The Institute gratefully acknowledges all those who assisted in making this labyrinth such an amazing and special place—a true spiritual path.



THE MONROE INSTITUTE PROGRAM SCHEDULE

All programs listed below will be held at The Nancy Penn Center in Faber, Virginia.

1998

EXPLORATION 27

(For *LIFELINE* Graduates)
November 7-13

GATEWAY VOYAGE

September 19-25
October 3-9
October 24-30
November 14-20
December 5-11

GUIDELINES

(A Graduate Program)
October 10-16
December 12-18

LIFELINE

(A Graduate Program)
October 31-November 6

Trainer Development and Assessment Program (TDAP)

September 25-October 2

HEMI-LYNC Making Global Connections

Hemi-Lync is a print media network bulletin board—a communication

device—for connecting you with people, events, and publications around the world that have something to share about Hemi-Sync.

It's your forum and we encourage you to use it. The items posted in this issue represent only a few of the Hemi-Lync possibilities. To submit your Hemi-Lync item, write or call the TMI FOCUS, The Monroe Institute.



Using the Whole Brain, edited by Ronald Russell

Electronic Lyncs

Refer to *CYBERSPACE VOYAGERS* for a complete listing of TMI and TMI-related "net surfing" addresses.

TMI is now featured on the Internet Mall™,

FIRST FLOOR: Online Music Shop.

History

In their book *Miracles of Mind*, pioneering physicist Russell Targ and spiritual healer Jane Katra, PhD, explore the link between non-local consciousness and anomalous healing. On page 41 of the chapter titled "Our Astonishing Nonlocal Mind" there is a photo of Robert Monroe, "author of the pioneering book *Journeys Out of the Body*," visiting with Targ and expert remote viewer Pat Price at Stanford Research Institute.

Magazines

Writer/researcher Martha Jedd canvased experts and drew on her personal astral travel experiences for "Where Do You Want to Go Today?" in the July 1998 issue of *FATE*. The scientific portion of Jedd's story was based on information gleaned from interviews with TMI Research Director F. Holmes (Skip) Atwater.

LIFE magazine, June 1998, featured "Psychics: Science or Seance? A Reporter Visits the Twilight Zone" by Kenneth Miller. In this eight-page special, Miller

Appearances

May 28-31, 1998, Professional Division Director Shirley Bliley attended the First Congress on Defining a New Paradigm for the Healing Arts in Houston, Texas. The congress was organized by Richard Garrison, MD, and held at the University of Texas-Houston Health Science Center. Shirley made a brief presentation on TMI and Hemi-Sync. She also discussed with Dr. Garrison research on changes in melatonin levels as a result of binaural beat stimulation. James Beal, BS, ME, a member of the Institute's Board of Advisors, spoke on the role of stress in immune dysfunction and Hemi-Sync as a stress-reliever.

Books

The following titles are available from Interstate Industries, Inc.

Robert A. Monroe's trilogy:
JOURNEYS OUT OF THE BODY
FAR JOURNEYS
ULTIMATE JOURNEY

Healing Myself, by Gari Carter
Mind Trek, by Joseph McMoneagle

Continued on page 7

Lyncing People

Here are names and phone numbers of readers willing to be contacts for regional get-togethers of Hemi-Sync users. We'll continue to add to the list as we hear from you. **Please inform us promptly of changes in location and phone/fax numbers.** Call (804) 361-9132 if you wish to be removed from the list.

AUSTRALIA

ADELAIDE, S.A.

Clive Elms
Dara Gorecki
(61) (8) 8276-3367
Calire Ezrac
(61) (8) 8346-7936

CANADA

HALIFAX, NS

Tom Tasse
(902) 443-2692

TORONTO, ONT

Blair Swanson
(416) 694-2908
VANCOUVER, BC
Carol Biernat
(604) 261-2840

CYPRUS

John Knowles & Linda
Leblanc
(357) (6) 621272

DENMARK

COPENHAGEN

Jan Caroc
(45) (39) 274911

ENGLAND

CAMBRIDGE

Sue Pitman
Tel (223) 843164
Fax (223) 515091
HANTS
John and Alison
Perrott
Tel/Fax (252) 626448

EUROPE

THIMISTER,

BELGIUM

Patrick Bartholome
(32) (87) 44-70-70
IRELAND

KELLS

Jim & Lana Phillips
(353) (46) 49610

JAPAN

TOKYO

Kanji Nakai
Tel (03) 5471-2502
Fax (03) 5471-2972

SCOTLAND

NEW GALLOWAY

Jill and Ronald Russell
Tel/Fax (44) (1644)
420357

U.S.A.

ARLINGTON, VA

Mark Gemmell
(703) 522-8663

BETHESDA, MD

Helene N. Guttman
Tel/Fax (301) 656-8980

BUTTE, MT

Leo McCarthy
(406) 494-3567

CHARLOTTE, NC

Rebecca Nagy
(704) 588-4623

DAVIDSON, NC

Norma Atherton
(704) 892-7000

ENGLEWOOD, CO

Daniel K. Meyer
Kimberly Miller
(303) 740-8053

FINESVILLE, NJ

Pete Ennes
(908) 995-9493

HENDERSONVILLE, NC

Joe Gallenberger
(704) 693-4721

INDIANAPOLIS, IN

Shawn Casey
(317) 852-7727

LAMBERTVILLE, MI

Eileen Tucker
(313) 856-5251

LINCOLN, MA

Steve Ullman
(617) 259-9870

MT. JULIET, TN

Art and Jan Flint
(423) 988-0104

NEW YORK, NY

Ross Jacobs
(212) 929-0661
Al Swadichuto
(212) 228-3298

PALMER, AK

Ross Perrine
(907) 746-6443

PASO ROBLES, CA

Leland Beck
(805) 237-8949

PORTLAND, ME

Joe Harrington
(207) 773-0291

PORTLAND, OR

Clayton Morgan
(503) 238-0137

Bill Oakes
(503) 628-3150

RENTON, WA

Peggy O'Hare
(425) 641-4535

ROSWELL, GA

Chris Carey
(800) 443-6917, Ext.
4344

SAN MATEO, CA

Chow Chow Imamoto
(415) 341-1955 (r)

(415) 344-1822 (w)

SILVER CITY, NM

Marion Light Ray
(505) 388-5782

STONE MOUNTAIN, GA

Gretchen Jaccino
(404) 716-5857

TEMPE, AZ

Marcie A. Katler
(602) 968-3021

TOLEDO, OH

Eileen Tucker
(313) 856-5251

TULSA, OK

Bruce W. Freeman
(918) 742-0743

WOODLAND, CA

Ely Harrington
(916) 669-1468

Hemi-Lync

Continued from page 6

presented a coherent, balanced overview of parapsychological research and interviews with a cross section of luminaries in the field. He called attention to remote viewer Joseph McMoneagle's professional, "reserved" demeanor compared to the flamboyant, commercial stance of some practitioners.

Psychic World, summer 1998, published an in-depth "Interview with Joe McMoneagle, World-Class Remote Viewer." Interviewer Tom Csere did an excellent job of covering Joe's story from his 1970 near-death experience (and the awakening of his paranormal talents) to the present.

"Room with an Alien View, Part Two," by Michael Miley in *UFO Magazine and Phenomena Report*, vol. 13, no. 5, September 1998, drew heavily on the presentation by Skip Atwater at the Fifty-seventh Annual International UFO Congress Convention held in Laughlin, Nevada, February 5, 1998. The audience was very interested in Skip's inside information on Pat Price's 1972-1973 remote viewing of purported alien bases in the United States.

Newspapers

"Good Vibrations: The Monroe Institute Gets in Sync with Human Consciousness" headlined the "Lifestyles" section of the July 19, 1998, Charlottesville *Daily Progress*. In a one-and-a-half page spread with photographs, staff writer David Maurer thoroughly covered the Institute's origins and current activities. A graduate of all five residential programs was quoted as saying, "I'm now more concerned with what I'm actually feeling, and I have shifted a lot more out of the 'do' mode into the 'be' mode."

The headline on the front page of the "County Lines" section of the July 16, 1998, Nelson County Times announced, "Monroe Institute stretches its sales worldwide." The article briefly explained the Hemi-Sync process and devoted a generous amount of space to Institute products and services.



If you live within reach of any of these folks and would like to find other nearby people to "explore" with, get in touch. The *OUT-REACH* Trainers and facilitators listed on the Expanded Workshop insert also welcome your calls. Special thanks to all of you who are willing to be connecting links in the extended TMI family.

QUARTERLY TAPE

Healing Journeys (Part I)

Well-documented studies in the field of psychoneuroimmunology demonstrate that the mind/body connection is the key to wellness. Drawing on this information, TMI is creating the *Healing Journeys Series*, which is slated for release in 1999. This first tape is modeled on the exercise used by our Dolphin Energy Club to provide worldwide healing support on request and is designed to support your personal well-being. Use it in good health.

GATEWAY GRADUATE RETREATS

Relax, de-stress, and recharge in an exciting weekend retreat designed for GATEWAY VOYAGE Graduates. Meet and share with new friends from your area while experiencing Focus levels 15, 21 and beyond.

Whether you have just completed the GATEWAY VOYAGE at the Monroe Institute, or haven't been there in years, this tape intensive weekend is a great gift to yourself. Formerly known as the GATEWAY REFRESHER, these special RETREATS are held all around the country and are conducted by Bob McCulloch, The Monroe Institute's OUTREACH Coordinator and a longtime residential facilitator.

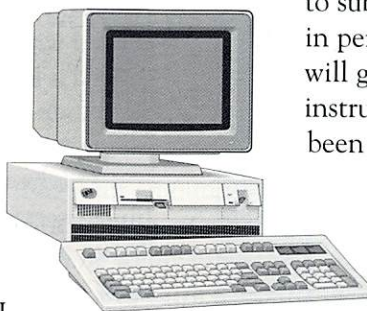
The next RETREAT is scheduled for November 22-24, 1998 in Los Gatos, California. Space is limited so reserve early. For information on all RETREATS, call Bob McCulloch at (804) 263-5974 or e-mail him at alobar@mci2000.com

Look for 1999 retreats in the following locations: Florida, California, Illinois, Oregon, Texas, New York, Arizona, and New England.



CYBERSPACE VOYAGERS

The VOYAGERS Internet mailing list, an electronic lync, was established for those using Hemi-Sync to venture into the realms of their own consciousness. It's for all who want to continue learning by telling about their voyages, reading of others' experiences, and exchanging information about TMI programs and audio-guidance learning systems. voyagers@monroe-inst.com is the mailing list address. Send a request with "sub-



scribe" as the Subject to: voyagers-request@monroe-inst.com to subscribe. Requests are handled in person, so allow for a delay. You will get a welcome message with instructions when you have been added.

Try the Institute's www server at:

<http://www.MonroeInstitute.org/> if you have access to the World Wide Web. MonroeInst@aol.com is our official E-MAIL address.